

FOOD BYTES

Hi there!

April
2024

Earth Day 2024

Celebrate Earth Day all month long, and beyond! This yearly global event is a reminder of small changes you can make that can help to have a long-lasting impact on the health and sustainability of our planet. One major area that we can act on is our food choices. Here are some tips and ideas for ways you can contribute:

- **Plant-Forward Meals:** Aim to make plant-based foods the focus of your meals instead of meat. You can also strive to go meatless 1-2 days per week!
- **Reduce Food Waste:** Cut down on contributions to landfills by freezing your leftovers, stocking up on pantry staples that have a longer shelf life, and plan meals ahead.
- **Eat Local:** Look for foods that are produced close to home, when possible, to support your local farmers, and help cut pollution from extra transit.



April 22nd
Is
Earth Day!

Worried about protein if you cut back on meat? Don't be! Foods like beans, lentils, tofu, nuts, and seeds can still pack a powerful punch when it comes to protein. And bonus - these foods tend to be higher in fiber, vitamins, and other essential nutrients our bodies need!

KITCHEN TIP

Trying to cut down on your food waste? Collect vegetable scraps in a large freezer bag, and use them later to make homemade broth for soups! Or, use the scraps to compost and start your own garden. Grow herbs inside if you're limited on space!



Recipe

Black Bean Quesadillas

Makes 4 Servings Total Time: 15 min

Ingredients:

- 1 (15 ounce) can black beans, rinsed
- ½ cup shredded Monterey Jack cheese, preferably pepper Jack
- ½ cup prepared salsa, divided
- 4, 8-inch whole-wheat tortillas
- 2 tsp canola oil, divided
- 1 ripe avocado, diced

Instructions:

- Combine beans, cheese, and ¼ cup salsa in a bowl.
- Place tortillas on work surface and spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
- Heat 1 tsp oil in nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once until golden on both sides, 2-4 min total. Repeat with remaining oil and quesadillas.
- Serve with avocado and remaining salsa.
- Optional - serve with sour cream and side salad.